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SOS

610 N. Silver St

Silver City, NM 88061

575-956-6131

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Medicaid ID: YIF915103969

Armendariz Barela, Eva

ID: 1000010729151

DOB: 6/19/1972

7/29/2023

2:05 PM

Group Therapy Note (SOS)

Time spent face to face with patient and/or family and coordination of care: 180 min

Session start: 11:00 AM

Session end: 2:00 PM

Session Remarks:

Therapy Type:

Cognitive Behavioral Therapy

Thought Field Therapy

Motivational Interviewing

Today's group it started with a mood check in. Everyone discussed their current mood and how it was different or the same as yesterday. We reviewed goals from last week and discussed progress and next steps. We decided on an afternoon topic and divided the preparation of lunch and prepared it as a group. The afternoon session we explored how our thoughts and feelings influence our behaviors, choices, and outcomes. Group explored fears, hopes, and thinking patterns. Explored the five senses and how it can help reducer anxiety.

Group Type:

*Focus Group:* Focus groups are assigned specific topics or problem areas to discuss. The ways the group members react to each other is part of the focus of clinical attention.

Present Today:

Present at today's session were the following: 13 members.

Group Leader Interventions:

Encouraged exploration

Extrapolated to Life

Therapist provided support and structure

Plan:

Encourage Participation and Engagement

Continue Skill Development

Encourage increased participation.

Individual Remarks:

Appearance and Behavior:

In today's session Eva appeared flat, uncommunicative, and relaxed.

Participation:

Eva was relatively inactive today and did not fully participate in discussions.

Service Location

Audit Log

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7/30/23, 5:29 PM